










Week 8:		Exercise	Benefits	Correct form
		The Zipper	Upper arms, chest, shoulders	Stand tall with your legs together, arms by your sides with weights in your hands and palms facing backwards. Lift your hands up sideways until they are shoulder height. Keep them there for a couple of seconds and lower them down again.
		Triceps overhead	Triceps	Stand tall with your legs together. Put the weights together and hold them with your arms straight up overhead. Slowly bend at the elbow, bring your lower arms back and then lift up again.
		Front arm circles	Arms, chest	Stand tall with your legs together. Extend your arms out straight in front of you and make little circles in the air.
		Relevé squat pulses	Quadriceps	Use a chair to hold on to with one hand. Stand with your feet and legs pressed together and your other hand on your hip. Raise on to your tiptoes and bend your knees. Make sure you are in a straight line – your shoulder should be right above your hips and heels. Then bend your knees a bit more and make small pulses up and down, without coming up all the way.
		Kneeling sways	Quadriceps, knees	Start out by kneeling on the floor – toes touching and knees 2 fists-wide apart. Sit back on your heels, then lift your buttocks up slightly, bring your arms up and slowly sway from side to side with your arms moving up one side, down the other. Don't lean forward with your upper body and keep a straight back. For an easier version, lift your butt up higher.
		Criss cross	Quadriceps, core	Lie on your back with your tummy muscles engaged and your back imprinted. Lift your legs up straight into the air and criss cross them, slowly lowering them down as far as you can without lifting your lower back off the floor. Keep criss crossing them up and down. For an easier version bend your knees a bit.
		Plank	Core, abs	Start on all fours with your forearms on the floor and your elbows right below your shoulders. Engage your tummy muscles and extend one foot back and then the other and come into a straight line. Make sure your butt isn't up in the air or you are sagging down. Hold for 1 minute
		Low side plank pulses	Obliques, abs, core, arms, legs	Start off on your side with your elbow right below your shoulder and your forearm on the floor facing forward. Legs are pressed together and fully extended. Lift your hips off the floor, bring your other arm straight up into the air and make small pulses with your hips up and down, without touching the floor.
		Vertical leg crunch	Abs, legs	Lie on your back with your tummy muscles strongly engaged. Press your legs together and lift them up straight into the air. Curl your shoulders off the floor and crunch up, with both your hands reaching up as high as you can to touch your legs or toes. If you need to support your neck, put one hand behind the neck and reach up with the other.